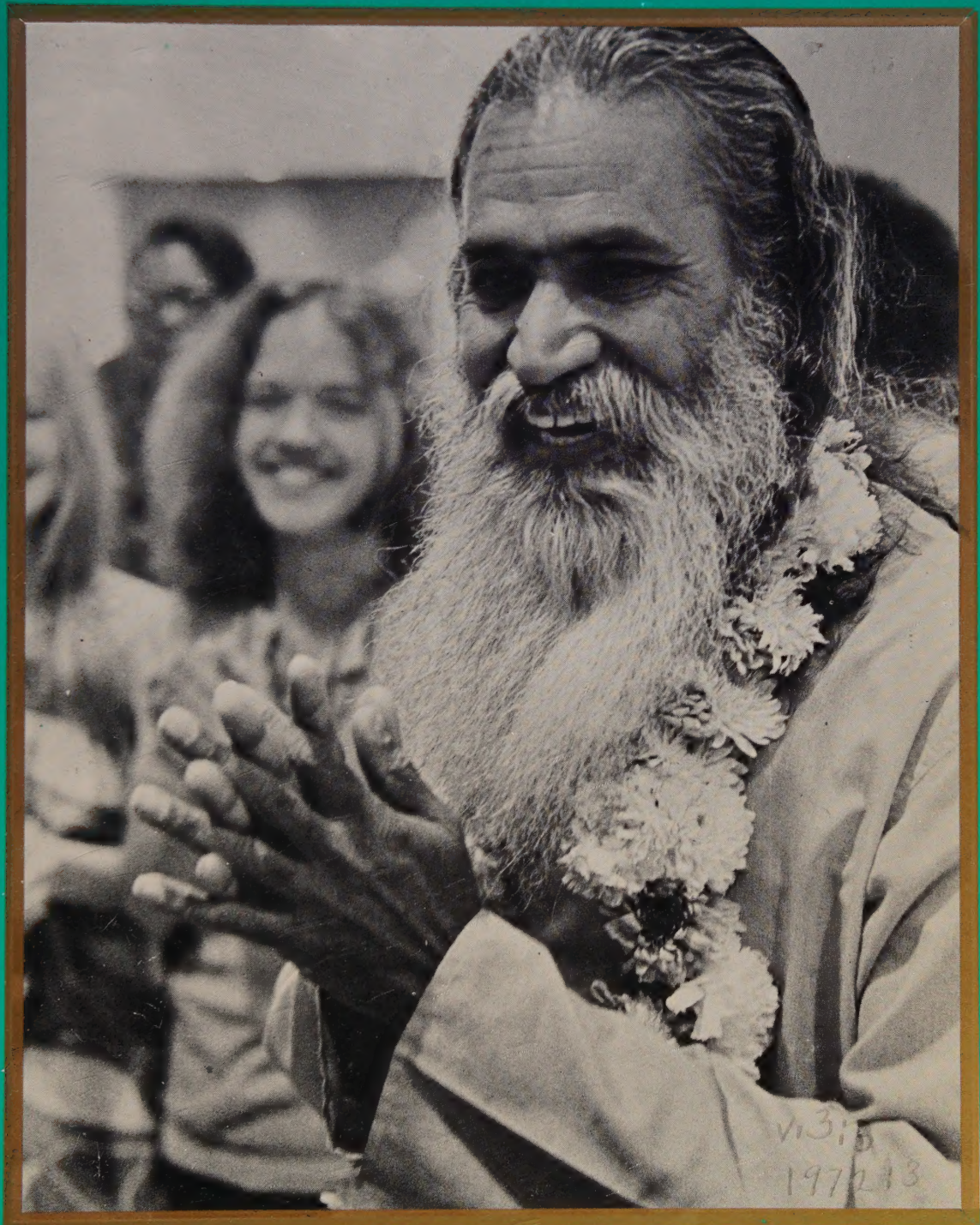


# Integral Yoga

A Bi-Monthly Magazine of the Integral Yoga Institute



**GURU POORNIMA ISSUE  
LIGHT 3 RAY 15**



## WORDS OF WISDOM

All-embracing love is the light of saintliness.  
Its robe is virtue, and to esteem  
all things alike is its sign.

Sri Swami Sivanandaji Maharaj

In as much as love grows in you,  
so beauty grows.  
For love is the beauty of the soul.

St. Augustine

The days are of most profit to him  
who acts in love.

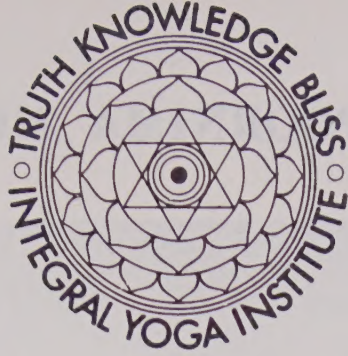
Jainism

Love is not limited; it is divine and unlimited.  
By opening the love element in oneself,  
one opens the divine element in oneself.  
And when the fountain of love begins to rise in the heart,  
then divine realization will rise like a fountain.

Hazrat Inayat Khan

You will not enter paradise until you have faith;  
And you will not complete your faith  
til you love one another.

Prophet Muhammed



INTEGRAL YOGA INSTITUTE

Founder-Director: Yogiraj Sri Swami Satchidananda

GOAL: Healthy body, sound mind, dynamic will, ethical perfection,  
universal brotherhood, selfless service, Self-Realization.

THE WAY: Asanas, pranayama, chanting of holy names, self-discipline,  
meditation, manthra japa, study and reflection.

CLASSES: Hatha Yoga, Chanting, Meditation, Lectures and Discussions.

A Non-Profit, Non-Sectarian Organization

Integral Yoga Institute Centers

New York, New York 10011 - 227 West 13th Street  
New York, New York 10024 - 500 West End Avenue  
Berkeley, California 94704 - 1905 Grove Street  
Los Angeles, California 90048 - 6117 Warner Street  
San Francisco, California 94110 - 770 Dolores Street  
Santa Cruz, California 95060 - 311 Ocean View Road  
Hartford, Connecticut 06105 - 467 Farmington Avenue  
Boulder, Colorado 80302 - 1111 Pearl Street  
Washington, D.C. 20008 - 2445 Porter Street N.W.  
Detroit, Michigan 48221 - 16527 Livernois  
Butler, New Jersey -1580 Route 23  
Garfield, New Jersey 07026 - 5 Clark Street  
Dallas, Texas 75219 - 4100 Oaklawn Avenue  
Montreal, Quebec, Canada - 1666 Lincoln Avenue  
Brussels, Belgium - 286 Chemin de Vleurgat  
Paris 6, France - 47 Quai des Grands Augustins  
Fribourg, Switzerland 1700 - 13A Rue Locarno  
Lausanne, Switzerland 1012 - 24 Chemin des Daillettes

Integral Yoga

A Bi-Monthly Magazine

July-August 1972

Integral Yoga Institute, Inc. 1972

227 West 13th Street, New York, N.Y. 10011, U.S.A.

Telephone: (212) 929-0585, 929-0586 Telegram: Poornayoga

Editor: Aikya Malloy

West Coast Editor: Br. Sudharman

Photography: Pavithra Asta, Shanthi Norris, Sheela Gleich



## GURU POORNIMA MESSAGE

Guru Poornima Day is celebrated on the full moon day of July. It is a day set aside to honor all saints and sages, especially one's own Spiritual Teacher. The following are excerpts from a Guru Poornima Message given by H. H. Sri Swami Sivanandaji Maharaj.

The only thing that stands in the way of your spiritual realization is your own mind or the ego. It is precisely in order to see that this obstacle is removed and that one reaches the precious goal of human life that one comes to the Guru.

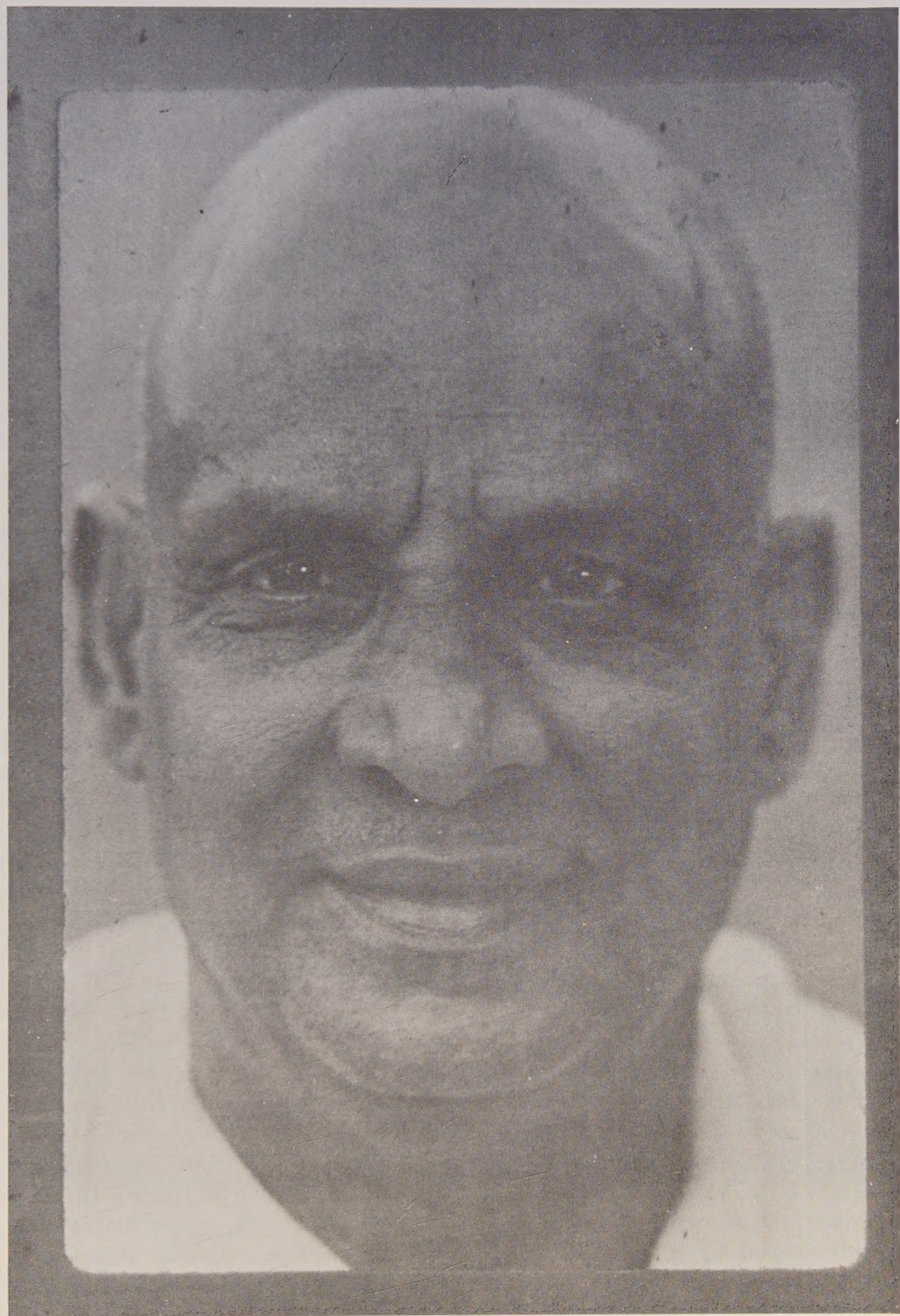
If the Guru is to bestow his blessings and if you are to make the highest use of them, an important thing is needed. This will be best understood with an example. Suppose a man is afflicted with a disease. He goes to the doctor and then he tells him his condition. You have to tell your entire condition to the doctor, and then the doctor gives you a prescription for a medicine. Thereafter the entire responsibility is shifted from the doctor to the patient. The moment you surrender yourself to the doctor, the prescription is given to you and the entire responsibility is yours. The doctor has done his very best. He has diagnosed the disease and given you the medicine, but if you do not take the medicine in the manner instructed by the doctor, the medicine is as good as useless.

In the same way, in the case of a seeker, when one comes to the Guru and when one enters the spiritual life and tells the Guru, "Please show me the way to attain the goal of life," and he says, "Be good" and one continues to be bad, and he says, "Do good" and one continues to do evil, in what way can the Guru help you?

Serve. Love. Give. Purify. Meditate. This is the central teaching. Make a firm, fiery determination to uproot selfishness. Obey the orders of the Guru and be very persevering in it. If you try to develop the virtue of obedience, the ego -- the arch enemy on the path of Self-realization -- slowly gets rooted out. If each individual tries to fulfill the dictates of the Guru in the fullest possible practical manner with perseverance and determination, then the declaration that man's nature is Satchidananda (Absolute Existence, Knowledge, Bliss) will come out of the book and illumine you in actual experience. You will be in an ocean of bliss.

*Sri Swami Sivananda*







# WHAT IS A GURU?

Guru is a Sanskrit term for the spiritual master. The literal meaning is one who removes the darkness or ignorance. A Guru is anyone who enlightens you over a certain ignorance, or teaches you something you do not know. But the word Guru is specially used for a person who guides you spiritually.

Is it necessary to have a Guru? When you feel that you do not know your way, when you are ignorant of the spiritual path, then you need guidance. Normally, the necessity for a Guru is there. Even in the worldly sense, you understand things through others. The scriptures say that there are four Gurus: the mother; the father; the spiritual guide; and ultimately God. The mother shows you the father, the father takes you to the Guru, and the Guru takes you to God. The spiritual life is more subtle than the worldly life; it is difficult to understand things by reading alone. Books cannot take the place of a Guru. The reader can understand or misunderstand a book. But a Guru will not allow the student to misunderstand. He will correct you and put you on the right path. The book cannot do that. That is why you need a person who has gone through the path and realized the goal.

Suppose that you come across someone who is willing to teach you and says that he has gone through the path. Still, you can't learn unless you have the proper attitude to receive the teachings, unless you have the qualifications of a disciple. A Guru will not force anything into a student. He will wait until you ask for it, until you become ready. Here the devotional aspect is important. Unless you have faith and devotion, you

cannot receive the teaching. You must put your entire faith in the Guru. That is the link between the Guru and disciple. By your own faith, you will be able to understand what the Guru has in his mind without his even telling you, because you have established communication. The real teaching, the imparting of true knowledge is not normally done by words. Hours of lectures will be nothing compared to a minute of silent imparting.

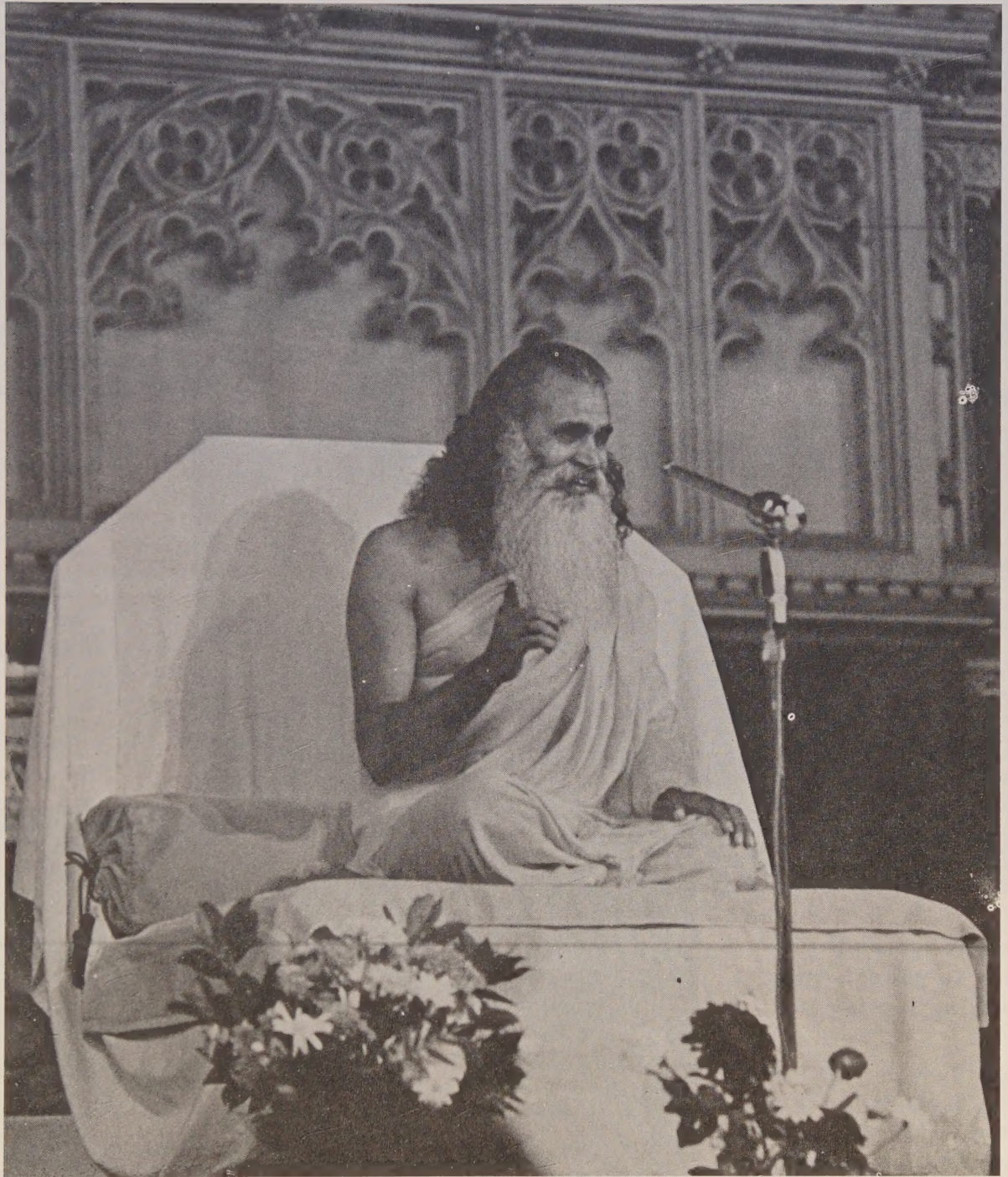
People often ask how they can accept a Guru, how will they know who their Guru is. It is very difficult to accept or understand a Guru just by your intelligence. But beyond the intelligence, something will tell you, there will be a feeling that cannot be expressed, and you know, "He is my Guru." It cannot be understood by the brain. You have to follow your feelings. If you feel that he can guide you on the path, then you can use your intelligence and ask people about him. You can see that he may be talking about Yoga, how Yoga is serenity and keeping a peaceful mind. Watch him for some time and see if he gets upset over things, see if he expresses that serenity in his very life. But still he may act sometime like he is getting upset--you must know the difference if you want to test him.

See that he practices what he preaches, that he is really useful to many people, that many people have benefitted from his advice. And still if you can't decide, follow his ways for a few months. If nothing happens, that is all. If you get a little taste, if you think there is something there, try a little more. Try to have the proper distance, and see how you feel. Go gradually. If you are really interested in finding a Guru, your own real interest will give you the way.

Om Shanthi

Sri Swami Satchidananda







# SPRING RETREAT



It wasn't exactly spring outside, but within, four hundred opened to the inspired teachings of our beloved Swamiji. As he planted divine seeds, we were asked to water them each day with the practice of Integral Yoga. Then, when the plants begin to grow, spring will always be within, whatever the season.

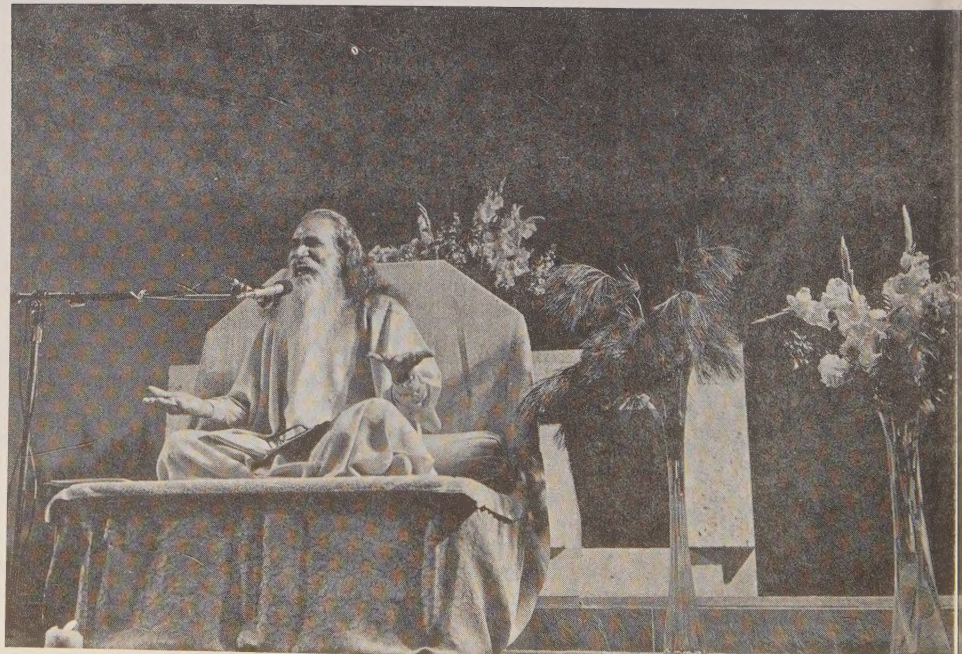
"Silence was the gold from this treasure box. "

\* \* \*

"Thank you for showing me a way to peace, and for renewing my joy in life. "

\* \* \*

"Swamiji's presence and words dispelled our doubts and answered our questions. Most of all, he showed us the joy and humor of spiritual life. "







"With silence, each thought  
almost shouts at you."

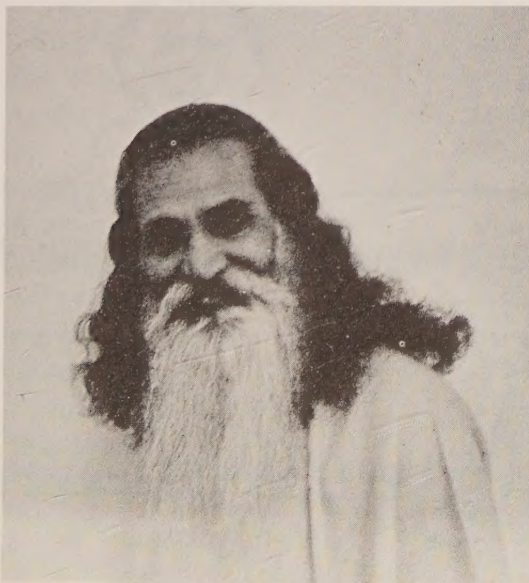
\* \* \*

"I found an inside to my  
outside."

It was the most  
marvelous ten  
days of my post-  
breakout life.  
I can't wait to  
return home to  
try out all I have  
learned."

\* \* \*

I pray to God  
for the world to  
be together like  
everyone did here."



O pure soul, whose light  
Awakened me from sleep,  
Let me keep  
Through the hours of this night  
In my heart, in the place  
Of darkness,  
The sight  
Of your radiant face.



Barrytown Retreat:

To a Young Scrubber

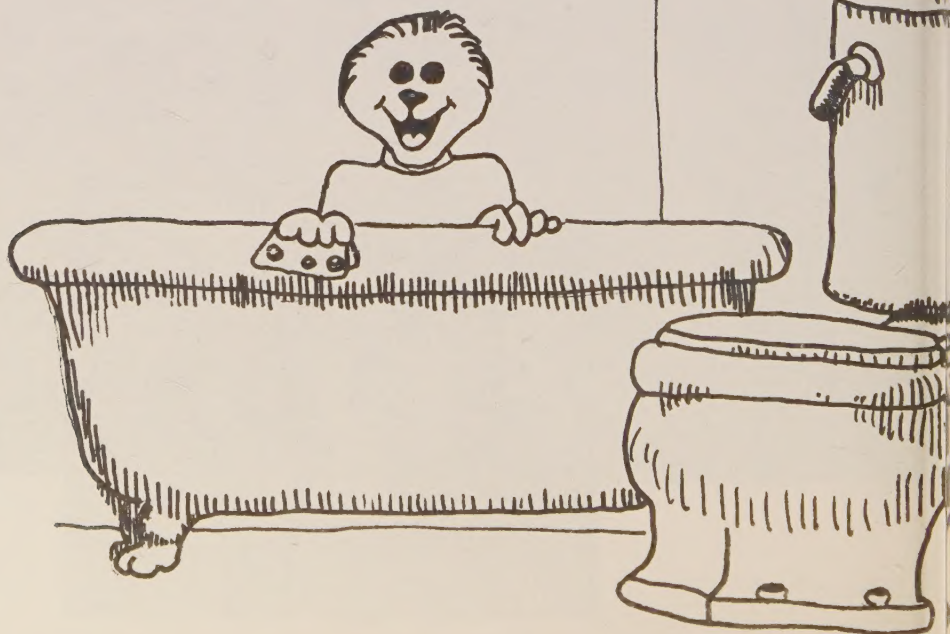
When I came in  
she put down brush and dripping rag  
to hug me, then cupped my hands,  
chilled blocks of ice from a wintry walk,  
within her own, all moist and soft and warm  
from the long morning's suds and scrubbings.

In her dark, deep eyes swam joy and love  
as she looked at me,  
not at me -- but at Me,  
my Self within myself --

myself (?) just a stranger,  
whose bathtub she had come to scrub,  
offering hard work and all her energy  
to anyone: Karma Yoga...

Karmayogi -- yogini,  
You are the spirit  
I hope, some day to be.  
Child-teacher,  
Rosy-handed cherub,  
--half my age...

Janaki





## A SMALL STEP FOR MAN...

On the second day of the recent 10-day Yoga Retreat, we had a walking meditation. I decided to use as my mantra for the exercise just the basic vibration OM itself, one OM to each footstep. All went well for awhile as I mentally repeated "OM" with each step I took. But then my mind began to wander (as minds are known to do), distracted perhaps by curiosity about the people around me, or by the beautiful weather, or the country scenery...

Suddenly I realized that somehow I was still repeating the OM, even though my mind was completely lost in other thoughts. I drew my attention inward again, thinking nothing, not repeating the mantra, just listening. Where was this OM coming from?

Gradually, after a long period of mental stillness, my concentration was rewarded. I realized that the walking itself was repeating the OM, and my body was carrying the vibration up to my consciousness. Each footstep was "saying" OM... OM... OM... The vibration was more subtle than anything mere mental repetition could produce. I wasn't just "hearing" the OM, I was "feeling" it. And it was all effortless.

Because my mind was just listening to and following the vibration, it was able to move around it and explore it more easily. It was as if the mantra, finding some deep roots, had become as steady as a great tree, leaving my mind as free as a bird to fly to and fro amid its branches, alighting here, jumping off and nesting there, flying away and returning -- the activities of the bird do not in the least disturb or shake the strong tree.



That is how it felt for awhile during the walking meditation. In this period of relatively (for me) deep concentration I was able to "see" (words like "see," "hear," "feel," "sense," etc., all seem interchangeable and inadequate in describing this kind of perception) how it was that each footstep made the vibration OM. It works in much the same way that the natural movement of the breath forms the mantra SOHAM.

The vibration Om is called the cosmic vibration because it is the mother of all other vibrations. When speaking it aloud, the sound starts from the back of the throat with the throat slightly contracted and the mouth open (O...). Then the



vibration slides upward and forward with the throat tightening more and the mouth closing. Finally the sound finishes at the front and top of the throat passage. The mouth is closed, the back of the throat relaxed, and the vibration radiates from the roof of the mouth upward through the skull (...MM). (The vibration is also sometimes broken down into three parts: A..U..M.)

The footstep manifests just the same vibration. First the heel is brought to the ground with the top of the foot arched somewhat and the foot open frontwards. The weight is here on the back of the foot. ("O" or "A"...). Then, as the leg comes over the foot, the weight shifts forward onto the sole and bridge of the foot while the front of the foot closes to the ground ("U"). Finally again, the full weight of the body slides forward onto the flattened balls and toes of the foot, forming a broad "MMM" vibration which travels up the leg to the spine and so on. The foot in this position is opened to the rear, the heel off the ground.

Thus does each footstep perform the OM manthra.

There is in fact another aspect of this which carries it (literally) a step further. There is actually a "fourth" part of the OM (after the A-U-M). This, in the spoken manthra, is the silent part of the vibration without which it would not actually be complete. The walking OM, too, contains this "silent fourth." This is the part of the step in which the foot is raised off the ground from the "--MM" position and is carried through the air to begin the next step. In this fourth position

the foot is relatively "weightless," (= "soundless" or "silent") but certainly not motionless. This movement completes the manthra circle, and connects the repetitions. It raises the significance of the vibration from one which merely relays the movements of an individual foot to one which implies an entirely higher order of movement, that is, walking. (Those interested in a deeper and more technological discussion of the parts of the OM and their significance will find such discussion in the Mandukya Upanisad.)

At any rate...this was the small gift of insight I was given during the walking meditation; -- one of many gifts of many kinds I received on the retreat and in all my continuing contact with Yoga and Swami Satchidananda. Through these gifts I am beginning to gain a Self-awareness which is already taking me higher than I ever was during the drug trips I took prior to the start of my Yoga Sadhana. So I humbly pass it on, in the hope that it helps bring some benefit to another.

Love,

SHANTHI SHANTHI SHANTHI

David Belkin



# AN INTRODUCTION TO SANSKRIT

## Lesson Two

Let us offer this lesson to Swamiji on the auspicious occasion of Guru Poornima Day. This is a chant which means "Hail to the Guru." Paramahansa Yogananda set these words to a very beautiful tune:

JAI GURU, JAI GURU  
JAI GURU JAI;  
JAI GURU, JAI GURU  
JAI GURU JAI.

JAI = Ja + AI

जय = ज + य

Here ज (Ja) and य (AI or Ya) are consonants.

GURU = Ga + U + Ra + U

गुरु = ग + उ + र + ऊ

Here ग (Ga) and र (Ra) are consonants, and उ (Oo) and ऊ (Ooo) are vowels. ऊ is a long form of उ

As we know from the first lesson in Sanskrit, (in Ray 14), vowels which follow a consonant assume a contracted form:

उ takes the form उ and ऊ becomes ॒ उ

Thus GURU = (Ga + U) + (Ra + U)  
= ( ग + उ ) + ( र + ऊ )  
= ( गु ) + ( क )  
= गुरु

Now, we can write, read and sing for Guru Poornima Day:

जय गुरु, जय गुरु

जय गुरु जय

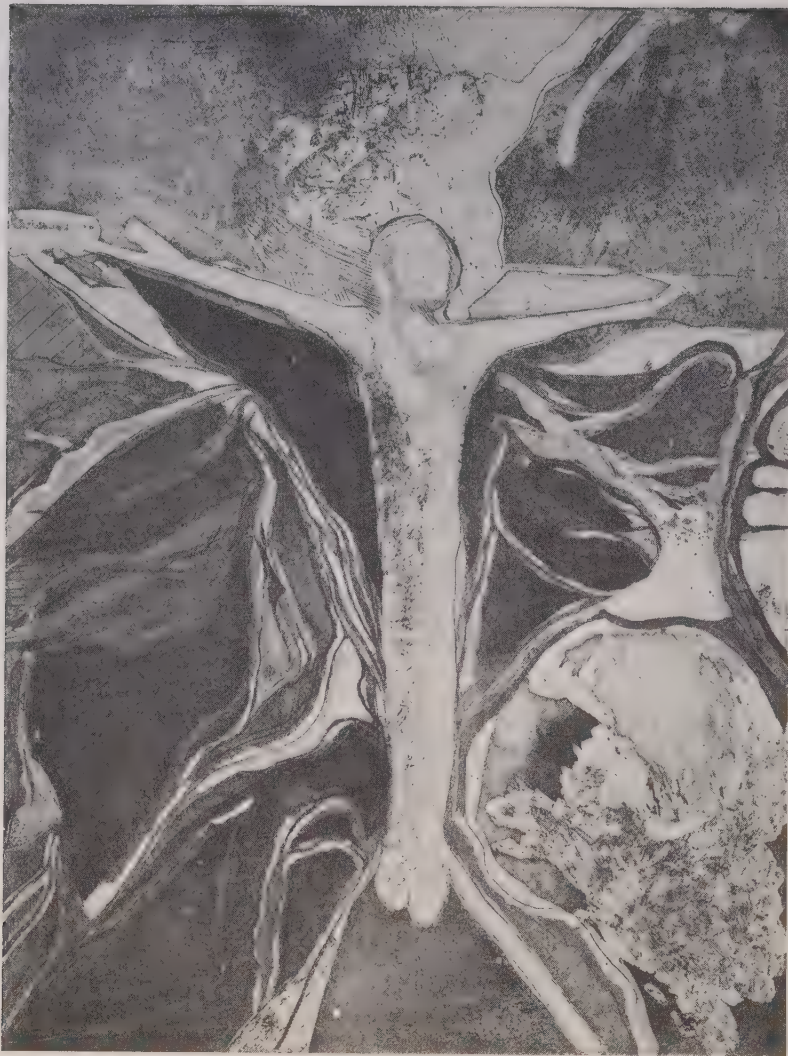
जय गुरु, जय गुरु

जय गुरु जय !

Om Shanthi

Devendra Chawla





annapoorni

## white dawn

sitting soaking  
drinking pure energy,  
watching the trees sway to n' fro  
in perfect harmony,  
seeing birds fly soft like fish  
floating through the sky,  
n' orange white clear  
pure dawn,  
shines down on everyone,  
giving us all a clean gleam  
within,  
a candle to light our day.

carl allan tippens





#### PRAYER:

Dear God and Mother Nature, thank you for giving me such a wonderful life. I'm really very, very happy that you love me and my Dad and the Swami and everybody else. Even bad guys -- but just a little bit. I try to make the world better. It's hard to make the world more beautiful all the time, but I can do it because I try to do it. Someday I will make a school that teaches only good things and love and peace -- even to roaches. Roaches are the worstest insect cause they eat your food and steal it and crawl on you. They do very, very bad things.

Love and Peace, God and Mother Nature, I love you so and your wonderful enterprise. Happy birthday -- even if you only have pretend ones.  
Om, Om, Om.

Andre



## SWAMIJI SPEAKS AT DANBURY PRISON

Twice a week, a teacher from the N. Y. IYI travels to the Danbury, Conn. Federal Correctional Institution to share Swamiji's teachings on Integral Yoga. The wonderful response to this program led to a talk by Swamiji to more than one hundred inmates on March 26, 1972.

Friends, I am really very much delighted to be here and to meet you. I have heard a lot about you and your interest in Yoga. I am fully aware that I am sitting in a place where people come to correct themselves. It can be compared to a repair shop where things are restored to their proper shape. To correct yourself is to re-form yourself. We are supposed to be in a particular shape and somehow we have gotten out of that shape. You should understand that the reformer is not going to do anything new to you; he is just returning you to your original state. You were once well-formed, somehow you got de-formed, and now you have to be re-formed.

Don't think that this is the only reformatory. This is a place created by men especially for that purpose. But, in fact, the entire world, the very nature, is a correctional institution. You should not think that you are free to do whatever you want in the outside world. People may commit mistakes and not end up in an institution, but then their own consciences correct them. They are not happy. Only when you are in the proper shape can you be happy. Even when someone enters a church, he is entering a correctional institution. He fell down from his original nature; he forgot that he is the child of God. All through life we slip from our original states and are reformed again and again. If we could think in these terms, I don't

think anyone would complain of being in an institution like this. We are being corrected.

Only a radio that is in proper shape can receive music. Does that mean that the music is not in all the boxes? We are all the receivers, and when we are in proper shape, we receive God's blessing. God never dislikes or punishes anybody. Don't think that you are being punished for your mistakes. You may undergo some suffering, just as when you eat too much you get a stomach-ache. The intention is not punishment; the intention is to help you.

Whenever you get into some kind of suffering, think that it is because you have done something before for which you have escaped. For this, we must believe in reincarnation and precarnation. Some children are born blind -- they must have done something before. Sometimes people commit crimes and are not caught. Don't think that they will always be free. In the next birth, something will be waiting for them. What you sow, you must reap. If we understand this, we will accept suffering, we will be cleaned of selfishness.

How did we slip down from our original state? By our own thinking. We identify ourselves with our limited thinking, not with the spirit. We talk in terms of the body, of our mental capacity, of our occupations. With



these identifications, we limit ourselves. The true self is above these things. The mind and the body are only the instruments. We are the spirit, the image of God. When we forget that, our troubles begin.

As long as we are impure, we lose the capacity to see God within and without us. By nature, the mind is pure. When it is calm and serene, it reflects your true nature like a mirror. But through wrong thoughts our minds become disturbed. Question your mind, analyze: Why am I disturbed? You will try to put the

blame on someone else. But that is not the right answer. If you really analyze, ultimately you will come to this one truth: you wanted something to happen just for you. Most crimes are committed for this sake -- selfishness. If only we can get rid of that selfishness. It may not even be individual; it may be communal or national. Think in terms of the whole world, not in terms of your community. When you think in terms of the infinite, your mind becomes infinite.

#### A HEART'S RESPONSE

There are not  
words of thanks,  
nor words,  
to describe  
the miracle  
you are  
to me

But rather  
a blossoming  
in my heart  
of a seed  
that's always been  
there

You brought me  
Lord  
to see  
that between  
love & i  
stood only  
me.

i love you.

c. d.



# YAMA

Every religious teaching has, as its basis, a code of right conduct. For the Christians, it is the Ten Commandments; for Buddhists, it is the Eightfold Path. Each religion has guides of morality so that purity may be achieved. Likewise Yoga has its foundation in what is called Yama and Niyama. Yama includes: Ahimsa -- Non-injury, Satya -- Truthfulness, Asteya -- Non-stealing, Brahmacharya -- Continence, and Aparigraha -- Abstention from Greed. Niyama includes: Saucha -- Purity, Santosha -- Contentment, Tapas -- Asceticism, Swadhyaya -- Spiritual Study, and Ishwara Pranidhana -- Dedication of the fruits of one's labors and actions to the Lord. First we shall study the practices of Yama -- the restraints or abstentions.

Ahimsa -- Non-Injury Ahimsa is not causing pain to any creature in any way, at any time, in thought, word, and deed. On the surface this means the abstention of killing all forms of life. But in its more perfected state and on a more subtle level, it includes not harming anyone psychologically. Many people think that by becoming vegetarians and being kind to animals that they are established in ahimsa. But it has more depth than this. To harbor no ill thoughts towards any being, to hurt no one's feelings at any cost, to be free from hatred - this is real ahimsa, and to do this, one must love all beings. It is interesting to note here that each aspect of Yama and Niyama, when fully perfected, blends into the others, for these divine virtues are virtues of the Divine.

Satya -- Truthfulness God is Truth and He can be realized by speaking

truth and observing truth in thought, word, and deed. This is a most difficult practice indeed. Swami Chidananda tells a story of an argument between the gods. One group says that in the Kali Yuga, tapasya (austerities) is superior to truth. Other gods said, "No, truthfulness is higher than tapas." When they brought this question to the great Yogis, they were surprised to hear that both were right, for the greatest tapas is speaking the truth.

How often during the day do we make up little white lies so that our mistakes will not be discovered. How often do we exaggerate for our own selfish gain and pride. It is hard to be honest, but we should make a sincere effort to have the facts of the situation correspond to the words. One perfected in satya can only speak truth. If he blesses you, you are truly blessed -- it is not mere words.

In situations where harm will come if the truth is spoken, it is best to keep silent. No one should be hurt by your frankness. Common sense will be the best guide.

Asteya -- Non-Stealing Again on the surface we immediately think of the gross aspects of the restraint. You might think of bank robbing, or car stealing, or embezzlement, but look at the subtler levels. We must not harbor any feelings of covetousness, either towards people or objects, for hoarding money and possessions is also theft. We must remember that nothing in this world really belongs to us. At best, we are merely borrowers. It is our duty, therefore, to borrow no more from the world than we absolutely need, and to make full and proper use of it. Taking more than we need, and wasting it, is a form of stealing from mankind.

Brahmacharya -- Continence Brah-



macharya is purity in thought, word, and deed. Controlling acts and thoughts of lust is most important. As this is a predominant desire of man, and as desires lead to bondage, it must be controlled. There can be no true happiness from something that gives pleasure for a moment only. Wastage of semen is harmful to the nervous system. By preserving the life force in men and women, it is converted to Ojas Shakti -- a powerful spiritual force. Even moderation is a helpful beginning to this purity.

Many people say that those who are celibate are repressing their desires. If there is no understanding of why one takes on this practice or any practice, then he is not truly self-controlled. Instead it is forced and this is unhealthy. First it must be understood why it is practiced and one must believe in it; then one truly can practice self-control.

#### Aparigraha -- Abstinence

Greed is a powerful force. Our selfishness is the cause for greed. We should not try to possess anything beyond the necessities of life. All of the world is impermanent including the objects of desire. If we become greedy and become desirous, the mind will become agitated until it receives what it wants. Once it gets it, there will be a brief moment of pleasure or joy, but shortly thereafter the mind will again become agitated for fear of losing the object. There will be worry and tension and new desires will arise in hope of getting a better object. Soon the received object will leave you, for that is its nature. If it has come to you, someday it will leave -- that is why this

world is painful. Our happiness is based on that which is not eternal. That Supreme Consciousness, however, is always within us covered by the impurities of the mind. It has always been with you and will always be with you.

The practice of Yama gives tremendous ethical power. To be perfected in each of these, one's practice should not be limited by class, place, time, or circumstances. Yama and Niyama are necessary for gaining the benefit of the other eight limbs of yoga. (The eight limbs of Raja Yoga are: Yama, Niyama, Asana, Pranayama, Pratyahara (sense withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (Cosmic Consciousness). To receive a Master's Degree, you must first pass grade school, high school, and the university. Likewise, you will have to go stage by stage in the school of Yoga. Even if these practices seem too difficult in one way or another, remember that any effort towards perfection, no matter how small and humble, is a positive step. Its effect will be there, for every action has its reaction. As the ocean is made of drops, so success on the spiritual path is made of constant steady efforts, but the efforts need not be grandiose. Moderation brings success.

May we all be blessed with perfection in Yama. May we serve mankind by right action.

Om Shanthi Om

Sudharman

# THE PEOPLE'S VOICE

## REASONS FOR SUPPORT

Swamiji's words have been a source of great inspiration. They have helped me to better understand myself and the world as something which can offer beauty if I can find that beauty within myself. I have repeated some of his words to my friends and they too have found deep meaning and comfort in his words....

L. T., New York

I write as an outsider in the sense that I am not a disciple of Swami Satchidananda. I think of myself as fairly objective, but I am a supporter. Why? Because I believe Swamiji represents goodness, because I know he is a very loving man. An extraordinary capacity to give and receive love is his supreme characteristic. The world and everybody and everything in it has such need of love. Most of us long to love and be loved, but our powers of giving and receiving love are so limited. How can we develop them? Perhaps by watching Swamiji, perhaps by being with Swamiji.

I have met loving people, people who are warm and giving, but I don't think I have ever met anyone with a like power of arousing love and devotion in others. I have seen the glowing faces of young people influenced by him, I know the spontaneous acts of love and generosity they manifest. It is this power of love which makes his work possible, which makes him effective. And this rare and greatest of qualities is surely worth supporting, worth encouraging. In this sense he IS. He doesn't need to do or say anything, just BE. He has taken many young people from drugs and given them the sublimities of religion. He has rescued them from drugs and given them purpose and hope. This is worth supporting. Wherever he goes he seems to spread joy and interest. This is worth supporting.

L. M., Montreal



# THE MASTER'S VOICE

(Excerpts from discussion periods  
with Swami Satchidananda at the  
Universalist Church in New York)

Q. How can one develop will power?

A. The will is there already. It just needs to be strengthened. To do this, you have to apply the will to small things, small resolutions. And don't directly use the will against the mind. For example, you decide not to use sugar for two days only. If you succeed, you will be proud. Then you are developing the will and gaining confidence in it. This is what you call self-denial, Tapasya in Sanskrit. Accept little, self-inflicted sufferings. Make simple resolutions and try to achieve them. When you gain confidence, you will strengthen the will. You can achieve anything you want. The will is part of God's will. We have weakened it. If you suggest to yourself, "I can't live without that," then you can't. It is natural to fail once or twice at the beginning, but the next time you will succeed.

Q. While doing Karma Yoga one should have a meditative attitude. Does this mean repeating a mantra or sacred phrase while working, or to let the work itself become a kind of mantra to still the mind?

A. You can combine both. Repeat the mantra. Feel that the mantra is the name of God and that the work you are doing is the worship. You are doing it for His sake. He is taking the benefit of your work. So you will have both -- you will be thinking of Him and doing something for Him. So then that becomes Karma Yoga.

Q. Our world is in a mess, the future of life may go down the drain. Others say this is the Age of Aquarius. What do you see?

A. I see a beautiful thing happening. There is an awakening. Ten years ago, you would never have listened to a Swami. Now, the young and old are interested in spirituality. Everywhere there is awareness. We brought the world to this level, we became aware of it, and now we will change it. We are choosing the right from the wrong. It is the beginning. People are becoming conscious - the present generation will fill up the country. Who knows, a super-hippie may be president one day.

Q. Why has Yoga stopped my writing of poetry and what can I do about it?

A. Poetry is not written. Written poetry is not really poetry. So you were writing, and after entering into Yoga, your entire life became poetry. Let others read you.

# OM COOKING

This issue we have two recipes using soybeans - one of nature's highest sources of protein. These recipes are here to give you an alternative to meat eating. For those reluctant to give up meat due to a fear of protein shortage, you will be glad to know that soybeans contain up to 35% more protein than meat. They are used quite extensively in China as its main staple food along with rice. The Buddhist priests in the Orient are forbidden meat by their religion; in place of it they eat Tofu, a soybean curd and other soybean foods.

The beans are also ground and powdered and used as flour and milk. The flour is richer in protein than any other bean flour and four times as rich as cereal flours.

Again, keep in mind that soybeans should not be eaten in excess as all proteins are difficult for the kidneys to handle if taken too often. Moderation in diet and in life is the Yogic way.

## SOYBURGERS:

Prepare the soybeans the night before by soaking them in a pot of water to soften them. Heat the water the next morning and bring the water to slightly boiling, and then allow to simmer for 45 minutes to an hour. Empty the water and mash.

3 cups mashed cooked soybeans	1/2 cup grated carrots
1/4 cup tamari	1 stalk celery, diced
1/4 cup corn oil	2 1/2 cups cooked millet
1/2 teaspoon pepper	2 cups roasted oats
1/2 teaspoon cayenne	Oil and butter for browning
1 diced green pepper	

Blend the soybeans, tamari, oil, and spices by hand. Mix in the remaining ingredients. Mix well. Make into burger patties and brown in half-oil and half-butter mixture. You can top the patties with a slice of cheese and serve on whole wheat bread. Makes 8 large or 10 smaller servings.

## SOYBEAN LOAF

Prepare the soybeans as mentioned above the night before.

2 cups soybeans, cooked and ground or mashed	
1 1/3 cups whole wheat zwieback crumbs, toasted	
2 tablespoons soy sauce	
1 diced green pepper	1 cup tomato juice
1 cup finely chopped nuts	salt to taste

Mix ingredients thoroughly; add sage, celery seed, thyme, or some flavor you like. Bake one hour in a greased baking dish in a moderate oven. Enjoy!



## THE WATER-MAN

At the beginning of the long road, years before the storms had begun their weary destruction, I would sit for days on a stump. There was a grove of olive trees near the road, one of which had been neatly severed precisely three feet from the ground. Mounted upon it was a well-polished seat, with no sign anywhere of authorship. I actually never even questioned the whereabouts of origin, either of the marvelous stool, the grove itself, or the dusty road at my feet. The thought never entered my head. At the time, my mind was too preoccupied with other matters to give the least bit of consideration to such trivialities as Creation. I was, to put it mildly, unconcerned with that.

What did interest me was the traffic upon that lengthy strip of dirt. For days on end there would be nothing but silence, with perhaps a few cordial birds speaking from the olives. And without any hesitation, or any introduction, there would suddenly pass by a creature quite like myself, though with slight variation.

For instance: whereas I was wearing golden stars strapped to my shoes, the stranger might have white moons--and though I carry all my needs in a small cloth sack, the passer-by might be pushing or pulling a formidable cart, loaded to the brim with all sorts of oddities. For what purpose he uses them, to what end he sees fit to drag this mountain down the long highway, I have yet to be given a clear understanding. At any rate, there was some difference between us.

I would sometimes offer a word or two; these were received with either cool blankness, like a moving marble fountain, or with colloquial and parliamentary diction, like the marionette in speech class. Only rarely did a creature pass me who sincerely enjoyed the journey. When this occurred, it was occasion enough for one of two things: either he would cease his bustling forth, and join me by the roadside. or I would sling the cloth sack behind me, to begin again the great walk.

One such encounter was particularly unusual. It happened that I had awoken earlier than was habit. I was just completing my salutations to the sun, when there appeared beside me another presence. This one had the remarkable quality of water-reflection; that is, his whole body shined like reflected water. He stood quite still while I finished my morning rituals, and remained so throughout my early breakfast. Though I continually offered a biscuit or banana, the only visible reply was something like a shimmering. Having finished my meal without his taking even a morsel, it was only proper for me to present a portion of the food to a nearby hedgehog, who was obviously staring at the biscuits. It was a superb morning, and the decision seemed made for us--the water-man and I--this day was to be another beginning. The sun was already risen thirty degrees as we finally set forth.

The water-man, as I am wont to call him, lacked any anxiety about the time; this was what made me want to retell the story. I myself am surely not as troubled as others,

but compared to the water-man I was a confirmed neurotic!

Even in motion--it is difficult to describe, but the water-man seemed to glide, rather than walk like myself. In fact, during the weeks and months through which I remained the water-man's travelling companion, never once did I see him eat, never once did I view him drink. He never spoke a word, though I learned more from him than from any other being in this entire journey. Rather than talk frivolously about the passing shapes and multi-colored birds, the water-man would simply shimmer. Through the shimmer he communicated the highest understanding of all around, and reflected all the beauty. In the heat of the noon day sun, he would not even sweat, though he did become slightly transparent. I once took fright that he was evaporating, but the fear was groundless, as it only seemed as though he was made of water. And most remarkable of all, perhaps--he never slept.

I thought it was his habit to doze off after my usual bedtime, and wake before I rose. But one night, due to the restlessness of a disembodied dream, I had cause to suddenly awaken. The stars filled the darkened sky, for it was quite late into the night. Yet there, standing beneath an olive tree, shimmering with starlight, water-man slept not.

It was only my foolishness that caused for us to part. The water-man was content anywhere, and enjoyed my company, as long as I kept relatively quiet. Please don't get me wrong--he wasn't a deadbeat, by no means. His shimmering was the light of the universe. But he couldn't enjoy the simple chatter of my observations. One day I must have spoken too much, or been too criticising of some returning folk. Upon the next dawn, I opened my sleepy eyes, and the water-man was gone.

Om Shanthi

Michael Stillwater





## NEWS IN BRIEF

### Swamiji --

The month of April was full of activity for Swamiji. The first 10 days he conducted a Retreat in upstate New York for 400 aspirants, and during that time initiated over 90 of them. In the middle of the month, Swamiji went to North Carolina to speak at the University of North Carolina to a packed house of enthusiastic and sincere seekers. Swamiji next went to visit the Washington, D. C. IYL. This trip was just great. Several hundred people came to hear him at his public lecture. Also he was interviewed on radio. But the highlight was Swamiji's visit to the Lorton State Penitentiary in Virginia. On this, his second visit, he was greeted with great love and affection. He also found time during the visit to bless seven boys with Manthra Initiation.

On the 19th, Swamiji was back in New York for a talk at the Integral Yoga Head Program at the Horizon Center. He was as pleased with the growth of the former drug users as they were pleased with his long-awaited visit.

That weekend Swamiji went to California to speak at the Davis Whole Earth Festival and to lead the annual noon meditation there for world peace. While on the coast, Swamiji took the opportunity to speak in San Francisco and to visit Yoga-ville West.

Swamiji's next visit to New York was on the 28th. He was interviewed for a tape to be distributed to many college radio stations. He also spoke that evening to about 800 students

at the Universalist Church. The following day Swamiji conducted a satsang at the Ananda Ashram in Monroe, N. Y.

May was even busier for Swamiji. He started the month with a TV show in New Haven. The 3rd of the month found him speaking at the First Congregationalist Church in Stamford, Connecticut. On the weekend of the 6th and 7th, Swamiji was in Montreal to speak and appear on radio and TV. As a result of the interest generated by his visit, an Integral Yoga Group has been formed. Swamiji's last visit to New York on the 11th was very eventful. He spoke at the Dag Hammarskjold Auditorium of the United Nations. That evening, Swamiji and Rabbi Gelberman spoke about Yoga and Hassidism to an overflow group at the Universalist Church.

On the 14th, about 200 people came to JFK International Airport to see Swamiji off to Europe. He is on a six-week tour of the Continent, visiting Yoga Centers in several countries. In the next issue, there will be a detailed report.

### IYI New York --

With about 200 participants, we enjoyed a fine Memorial Day Retreat program in Litchfield, Connecticut. Students from the IYI gave all the programs, and it was an elevating and educative experience for all.

There appears to be an ever-growing interest in Swamiji's teachings and consequently, within the Institute, there is an ever-increasing effort to serve properly. Presently we are developing a new Teacher Training program, for which 32 students have applied. The Integral Yoga course, a survey of all the aspects of Yoga, has registered 50 students.

In other fields of activity, there is a growing interest in the Integral Yoga Service Exchange. The purpose of this program is to bring together members and friends of the IYI to explore how best to direct talents and skills towards the development of Integral Yoga Cottage Industries. These will be the forerunners of industries to be developed in Yogaville. Our activities presently include a moving service, a bakery, and a program to sell vegetarian snacks throughout the city by means of pushcarts.

Yogaville land research efforts are being increased and in the last two weeks several trips have been made in the New York-New Jersey-Pennsylvania area.

### IYI Hartford, Connecticut--

The Hartford IYI is being inspired by more and more sincere students who come and dedicate themselves to

the Institute work and the teachings of Swamiji. With summer on the way and our outside classes at Smith College and University of Connecticut coming to a close, we are seriously looking into various ways of channeling our energies, to serve a truly useful function in the community. A lecture-demonstration at New Britain Hospital to a group of cerebral palsey patients proved an educating experience for ourselves as well as the patients. We hope to follow up our involvement here, working primarily on the breathing techniques and chanting. Classes have resumed with a group of doctors and workers from the Institute of Living, a large mental hospital.

On May 1, Swamiji was interviewed by Channel 8 in New Haven on the program "Conntact," for one hour. This brought new faces and phone calls to the Institute by viewers impressed by Swamiji and interested in Yoga.

Our hearts, minds and hands are being integrated to see that Yogaville becomes a reality. A benefit concert on April 15 was enjoyed by over 200 people, watching two local bands who donated their services for our cause. Our bake sale on May 15 promises to outdo the last one, which was very successful.

Family Day fills up the Institute with our brothers and sisters throughout Connecticut, and as we continue to practice the teachings of the Guru, we are experiencing the reality that we really are all members of One Family.



## IYI Washington, D.C.--

Swamiji's three day visit to Washington, D.C. brought joy and happiness to many people who, until his visit, had known him only as a "rumor" or a photograph or a recording.

Swamiji arrived in Washington on a Friday evening and was interviewed on a local radio station. The listener response made it obvious that his words reached many people that night.

The next morning, he spoke to inmates at Lorton Reformatory. It was a beautiful experience to sit in the prison chapel and feel the peace growing all around us as Swamiji's presence touched the souls of the men there. After the lecture, Swamiji gave initiation to seven of the inmates. A Yoga group has been formed within Lorton since Swamiji's first visit there in August of 1971, and his latest visit has aroused even

greater interest.

On Saturday evening, Swamiji gave a public lecture to over 400 people at St. Stephen's Church. Since the lecture, the Institute has been swamped with calls and inquiries about Swamiji and his teachings.

Sunday morning, the trees in front of the ashram were blossoming with beautiful flowers. They were a perfect expression of the joy in our hearts. Swamiji visited the Institute that morning and held a satsang with the Integral Yoga family. His presence brought a new light to many of us who have never had an opportunity for direct contact with Swamiji. The Washington family, which has been growing in "togetherness," has been deeply enriched by this experience. We are thankful for the teachings and blessings of our Gurudev.



Swamiji with the  
Washington family.

IYI Montreal, Quebec, Canada--

Greetings from Canada!

With the blessings of our Gurudev, an Institute has opened to serve in Montreal. At the request of our Canadian friends Swamiji spoke to a crowd of more than 250 people on May 6th. Swamiji's host for the weekend, Sandy Mills, graciously turned over his apartment to Swamiji. On Sunday, a group of students went with Swamiji to look at some country property overlooking the Vermont border, which may eventually be used for a Yogic community. Swamiji gave a beautiful talk on Sunday evening on CHOM-FM radio, hosted by Doug Pringle. Doug was most helpful in publicizing Swamiji's lecture on his program and playing Swamiji's record throughout the week. With his help, 100,000 listeners were able to hear Swamiji's inspiring words.

The Institute has rented a small house in downtown Montreal, at 1666 Lincoln Avenue. Already,

IYI New Jersey --

Both of the centers are doing very well. There is much interest being shown in our newly established location. We have appeared on Channel 3 cable TV which broadcasts to the residents in this area, and there is a possibility that we may have a daily Hatha Yoga program in the mornings. The media have been very kind and have showered us with a lot of favorable publicity.

New course classes have begun in Beginners I and II, Vegetarian Cooking and our first Integral Yoga course has had a great response. The opportunity is available for students to learn farming and planting in our



Swamiji with Doug Pringle  
of CHOM-FM radio.

students have come together to share in the Karma Yoga, to paint and clean the house from top to bottom. On June 1st, we had a beautiful opening of our new home with chanting, meditation, and a discussion.

May we continue to receive Swamiji's blessing to grow and serve more. OM SHANTHI.

gardens. A new Teacher Training program has begun with ten trainees.

Outside programs have been conducted at Clifton, Passaic and Cedar Ridge High School. Much work has been done with private patients suffering from senility, arthritis, stroke and other diseases common to old people. We have had much success through the use of Yoga therapy.

We are continuing to have our monthly Vegetarian dinners. This month Chinese, next month Jewish. They have been very successful in showing us the great diversity in the Vegetarian diet. A summer Yorkville Bazaar is being planned.

Much love and peace to all.



### Mataji

The California institutes have been truly blessed this month with the darshan of a great spiritual percēptor - Swami Hridayananda, the Divine Mother of the Sivananda Ashram in Rishikesh. Mataji brought with her an open heart, motherly love and compassion such that all have been inspired. Her words about Sivanandaji were truly inspiring and led us closer to the Master of our Beloved Gurudev.

We are sure that everyone who is blessed with Mataji's presence will have a deeper realization of the Divine Mother and a greater longing to be one with the True Self.



Swamiji and Mataji in California

### IYI West Coast--

The West Coast was blessed with the presence of our Beloved Gurudev for three blissful days. On the 22nd of April, he gave a most inspiring lecture to a capacity crowd at the Veterans Memorial Auditorium in San Francisco.

The following day he spoke at the Davis Whole Earth Festival with Swami Hridayananda from the Sivananda Ashram in Rishikesh, India. They delivered a short talk followed by the annual silent meditation at noon. For one hour the air was filled with the peace of silence as over 200 participants sat silently in meditation.

Later in the afternoon, Swamiji and Mataji, along with the whole California IYI family, drove up to Yogaville West in Siegler Springs

where the first unofficial inauguration of the West Coast country home was held. Swamiji led a short Satsang before dinner to welcome everyone. Making use of the huge dining room and kitchen, a warm supper of soup was served to over one hundred people who came to the first activity at Yogaville West. Swamiji led a question and answer session as Mataji silently sat at his side. In the morning, Swamiji was driven to the San Francisco airport, bound for the East Coast to continue spreading his Divine Message of Peace and Joy.

### IYI San Francisco--

Being Springtime, it was only appropriate that we should be blessed with the blossoming presence of three of Master Sivananda's greatest disciples: Swami Sivananda Hridayananda (Mataji), our Gurudev, Swami Satchidanandaji, and Swami Venkatesanandaji (who was personal secretary to Master Sivananda for nearly 20 years). Swami Venkatesanandaji came for dinner with the household, followed by an inspiring public satsang in our meditation room.

Along with teaching our open classes and course classes, Spring has provided us with the energy for the repair and remodeling of our reception area, including a new space for our expanding book selection. We have begun a new weekly class at Ross General Hospital's mental health center, and we are continuing our ten other outside classes. OM Shanthi.

### IYI Boulder, Colorado

Hari Om! As Spring comes to the Rocky Mountains and Mother Nature redecorates the landscape, the Boulder Institute followed suit. With plaster, paint, new carpeting, and much Karma Yoga, we re-finished the asana and meditation room.

Our classes have been filling to capacity, so we have had to expand our schedule. We added a Friday evening and a Saturday morning Hatha class. In a short time our Teachers Training class will be ending with four new teachers graduating. As we gain more teachers we expand our services. The Bethesda Mental Hospital in Denver has invited one of our teachers to give a Yoga class for the patients there.

We are all wishing Swamiji well during his trip to Europe. As we show others the way to freedom through Swamiji's teachings, may we gain the strength to free ourselves.

### Yogaville West

On Monday, May 8th, Yogaville West finally became a reality. Because of some minor complications the closing and signing for the property happened two weeks later than expected. By the grace of the Divine and by the grace of countless people's support, contributions, ideas and energy, Yogaville West has begun to manifest. The work is now just beginning. It is our hope and prayer that what we have received will be used for the good of all mankind.



## Integral Yoga Groups (IYG)

### IYG Missouri

With the coming of Spring, the seeds of Yoga sown by our Master are sprouting all over Missouri. On June 12, RECOVERY begins in Columbia. It is a drug rehabilitation program modeled after New York's Integral Yoga Head Program. It is operated by the IYG and supported by the Missouri United Methodist Church.

After a Karma Yoga Day, our classroom and reception area were greatly improved. A Yoga Camp-out was held May 6th and 7th. As services and supplies were donated, all income has gone to Yogaville.

We now have two teachers and four trainees. Several students are involved in an experiment measuring the physiological effects of meditation. Talks have been given to Sunday School and Missouri University classes.

But most of our growth has been internal, as we apply Swamiji's principles more and more to our lives. We are aided considerably by the growing sense of community among us. Dinners and discussions, kirtans and meditations happen spontaneously -- even in a cave on a rainy night.

It is so exciting to watch the petals of Yoga flowers unfold. May we all bloom forever.

### IYG Eugene, Oregon--

The house that was the object of our five-month search has at last been found. There will be five people living in the six-bedroom structure beginning next week.

The class schedule has been expanded to include a beginners' Hatha course, two beginners' open classes, an intermediate open class, a satsang, and a kirtan. There are now two teachers with two more in training.

On May 6, there was a talk on Yoga given in the town of Tillamook, Ore., at the invitation of the Lutheran minister there. We were given a warm response by those who turned out for the occasion. Brahman came down from Portland for the event.

Next Sunday there will be two beautiful souls in Eugene -- Swami Nitya Chaitanya Yati, who has been teaching in Portland and is now en route to India, and Alice Coltrane, the creator of oceanic sound. If the Lord wills, there will be a meeting of these two, producing a shower of blessings for all around. Jai!



also,  
*Pure  
 Beeswax*

ASK FOR IT AT YOUR  
 LOCAL HEALTH FOOD  
 STORE

The pure uncooked non-filtered honey in this bottle was produced in the organic fields of central New Jersey. The bees have never been dusted, treated or fed terramycin or sulfathiazole. Positively no pollen substitutes were ever used. Accept no imitations.

From the Apiary of Honey Brother  
 D. Jenkins, Eatontown, N.J. 00724  
 Box 412 Net Wt. 16 oz. (1 lb.)

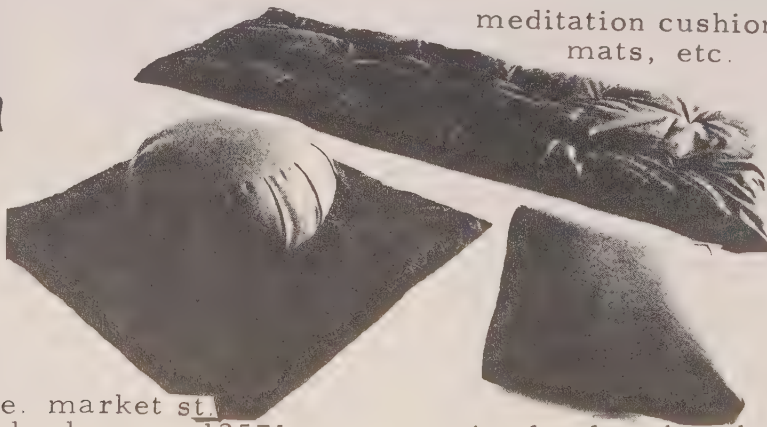
BEHOLD THE BREATH OF LIFE

# The Good Shepherd Cereal

Toasted grains, nuts, fruit, seeds,  
 100% pure honey

111 Reade Street, New York City 10013

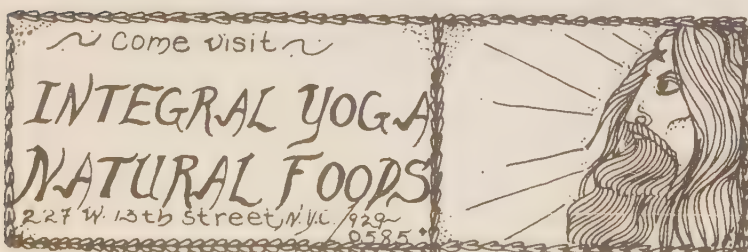
S  
 A  
 M  
 A  
 D  
 S  
 I



meditation cushions,  
 mats, etc.

12 e. market st.  
 red hook, n. y. 12571

write for free brochure



Our store is here to serve you. We have created a simple pleasant environment in which to provide natural foods and share with you the wonderful things we have learned about diet and health.



# THE FRUIT CELLAR

Soil Conditioners

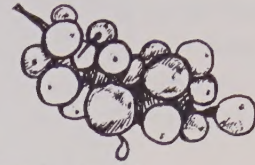
ORGANIC HEALTH FOODS      Organic Products,  
Fruits, Grains, Fruits, Nuts, Juices, Vitamins

12000 Ford Rd, Dearborn Hts, Mich. 48127, Tel 561-6610



INDIVIDUALIZED NUTRITIONAL  
PROGRAMS

## NUTRI FOODS, INC

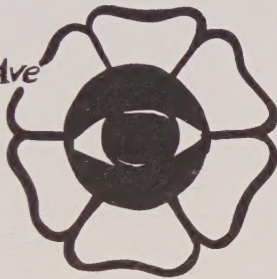


120 S. MAIN ST.  
ROYAL OAK, MICHIGAN 48067

LINCOLN, 1-68

## Mayflower Book Shop

23136 N.  
Woodward Ave  
Ferndale,  
Michigan  
313-548-1941



Specializing in metaphysical  
and Oriental books

Astrological charts cast and interpreted

We do mail order (booklist on request)

### INTEGRAL      YOGA NATURAL      PRODUCTS

wholesale distribution of  
organic foods, juices, and  
other products. catalogue  
available upon request.

let us serve you.

6117 warner dr., los angeles, ca.

*Peace & Joy to our Sponsors*

# YOGA ECUMENICAL SUMMER

June 23 through September 10, 1972

An opportunity for thorough Yoga training in a truly ecumenical atmosphere. Daily Liturgy\*Programs for beginners as well as advanced students of Yoga\* Summer days at the edge of thousands of acres of state forest, mountains, cliffs and waterfalls\* A time for silence and meditation\* Solitude supported by the warmth of community\* Shared work and relaxation\* Private pool\* Natural diet\* Guided study of sacred scriptures\* Hatha Yoga teacher's training.

For further information, please contact the New York IYI or write to Center for Spiritual Studies, 1561 North Benson Road, Fairfield, Conn. 06430.

Yoga Ecumenical Summer is sponsored by the Center for Spiritual Studies and the Integral Yoga Institute. Directors: Sri Swami Satchidananda, Brother David O. S. B., Rabbi Joseph Gelberman.

Subscribe to INTEGRAL YOGA and receive a full year's subscription mailed to you for your convenience. Your subscription will keep you in touch with Swamiji and the IYI.

---

## ORDER FORM

Please send to your nearest IYI center.

Please send me a subscription to INTEGRAL YOGA for:

\_\_\_\_\_ 1 year - 6 issues \_\_\_\_\_ 2 years - 12 issues

Begin my subscription with issue # \_\_\_\_\_.

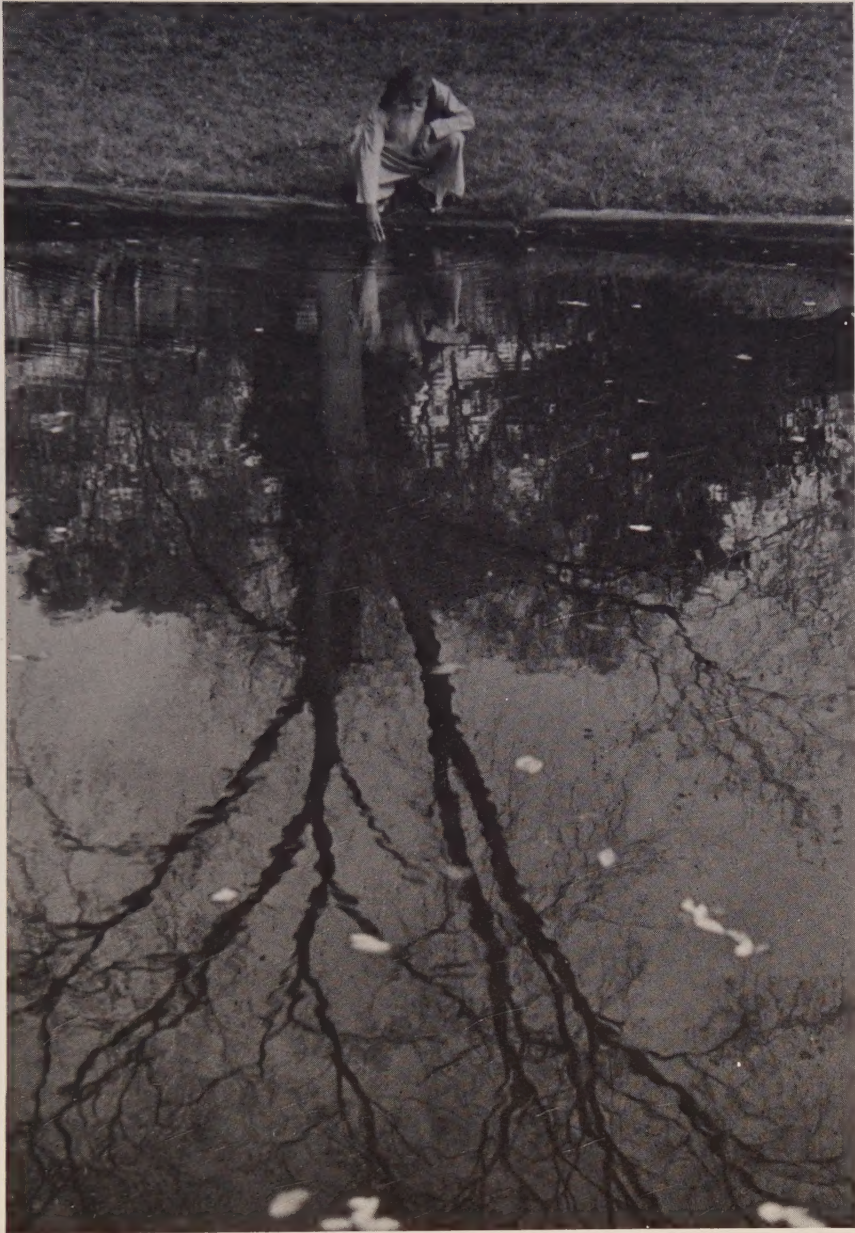
Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

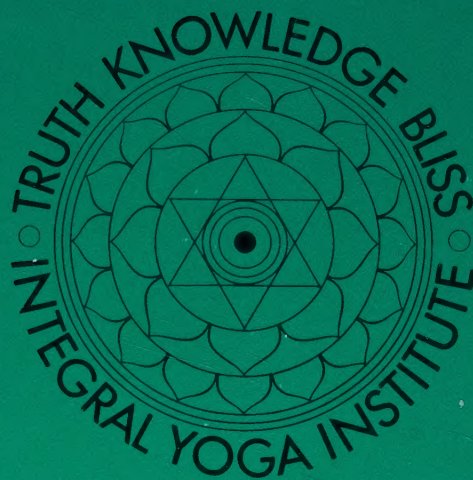
Please send a subscription as a gift to:

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed is \$3.00 for each year's subscription  
( \$4.00 foreign)







**an INTEGRAL YOGA publication**